

2019 Community Engagement Conference

Partnering for a Resilient and Sustainable Future



Pharmacy Students and Residents Empowering Patients to Self-Monitor and Set Goals to Achieve Positive Health Outcomes

- **Presenters: Sarah Jones** – pharmacy resident, Ohio State College of Pharmacy
- **Kristin Casper** – associate professor, Ohio State College of Pharmacy
- **Jennifer Seifert** – executive director, Charitable Pharmacy of Central Ohio



THE OHIO STATE UNIVERSITY

Pharmacy Students and Residents Empowering Patients to Self-Monitor and Set Goals to Achieve Positive Health Outcomes

Sarah Jones, PharmD, RPh



PGY1 Community Care



THE OHIO STATE UNIVERSITY

COLLEGE OF PHARMACY

Charitable Pharmacy of Central Ohio

BRIDGING THE GAP



www.charitablepharmacy.org



Income \leq 200% of the
federal poverty level

Resident of Franklin
County

Uninsured OR
underinsured







410,000 prescriptions

Valued at \$34 million

>6700 patients



Picture from Charitable Pharmacy of Central Ohio's 2016 Annual Report. Available at charitablepharmacy.org.







Medications



Education



Self
Management







Precision**PLUS** Bathroom Scale



**STEP ON
TECHNOLOGY!**

OMRON

CLINICAL PROVEN
ACCURATE

#1 Doctor Recommended Brand

5 series blood pressure
monitor

50 READINGS
FOR 2 USERS

OMRON

134
84
70

BIONIME

Hand Glucose Monitoring System
Schnell und einfach zu bedienen

GM100
No Coding - The Go Monitor
No Pain - Finger Scribe
Personalized Glucose Trending
Therapeutic Guidance, Log and Alerts



Nightest GM100
www.nightest.com

3D FitBud



Track your fitness. Be more fit.
TRACE
STEPS
1.23
DAY TO
LIVE
3D
ACCURATE
24 HOUR
SLEEP
DATA
DOWNSIDE
30 MIN

Self-Monitoring Device Program

Patients Who Qualify

Glucometer	BP monitor	Body Weight Scale	Pedometer
Diabetes/ Prediabetes	Hypertension Heart Failure CAD	Diabetes/Prediabetes Hypertension Heart Failure CAD	Diabetes/Prediabetes Hypertension Heart Failure CAD

*self-reported diagnoses in Practice Fusion

Process for Distributing the Devices

Identify eligible patient

Use the chart above to determine the devices for which a patient may be eligible

Does patient need and want a device?

Patient already monitors at home > No
Patient does not WANT to check > No
Patient does not check because he/she does not have the necessary device > YES

Describe Program

"We are offering a new program through a grant that allows us to give you a [self-monitoring device] for free if you agree to use it at least once a week to track your progress towards health goals you set and to bring your log of readings back with you to each pharmacy visit. Would you like to participate?"

Process the Device as a Prescription

Use an APPE Add-On slip to have the device(s) processed as a prescription. You can hand the add-on slip to a pharmacist, and they will give you the device.

Patient Signs Agreement

Patient signs the basic program agreement OR the individualized goal agreement. The patient keeps this.

Give Patient Device and Counsel on Use

Document as an Acute Diagnosis in Practice Fusion

***THIS STEP IS VERY IMPORTANT. PLEASE DO NOT FORGET...
Add the Acute Diagnosis "SMD" to the patient's chart in Practice Fusion

- Mark the day you are giving the device as the "Start Date"
- List the device(s) the patient was given in the "Comment" field

Self-Monitoring Device Program

Process for Follow-Up Visits

- 1) Identify patients who have received a self-monitoring device by the Acute Diagnosis "SMD" in Practice Fusion
- 2) Check if patient is **due for survey**. Each patient should be given a survey at his/her first return visit at least 3 weeks after receiving the device as well as once in the months of February and June. If patient is due for survey, administer survey during visit.
 - a) Explain to patients that we are gathering some information about how patients are using the devices to share with the agency that gave us the grant. All surveys are completely anonymous, and the patient's answers will not impact the care we provide them in any way.
 - b) Each time a survey is administered, this should be documented in the "Comment" field below the device(s). Ex: "Survey administered 9/17/16"
- 3) Ask to see log(s). **Document whether or not patient brought log** in the "Encounter Comment" field of the SMD Acute Diagnosis (Reminder: you must click the box to "Associate diagnosis with this encounter" in order to create encounter comments)
- 4) Ask how often patient is using device (if they forgot log or have not recorded all readings). **Document utilization** in the same "Encounter Comment"

Ex: Encounter Comment: Brought log; Checking once a week OR Forgot log; Checking twice a week OR Lost log; Checking once a month
- 5) Review progress and goals with patient

Patient and Pharmacy Partnership

Self Monitoring Device Program

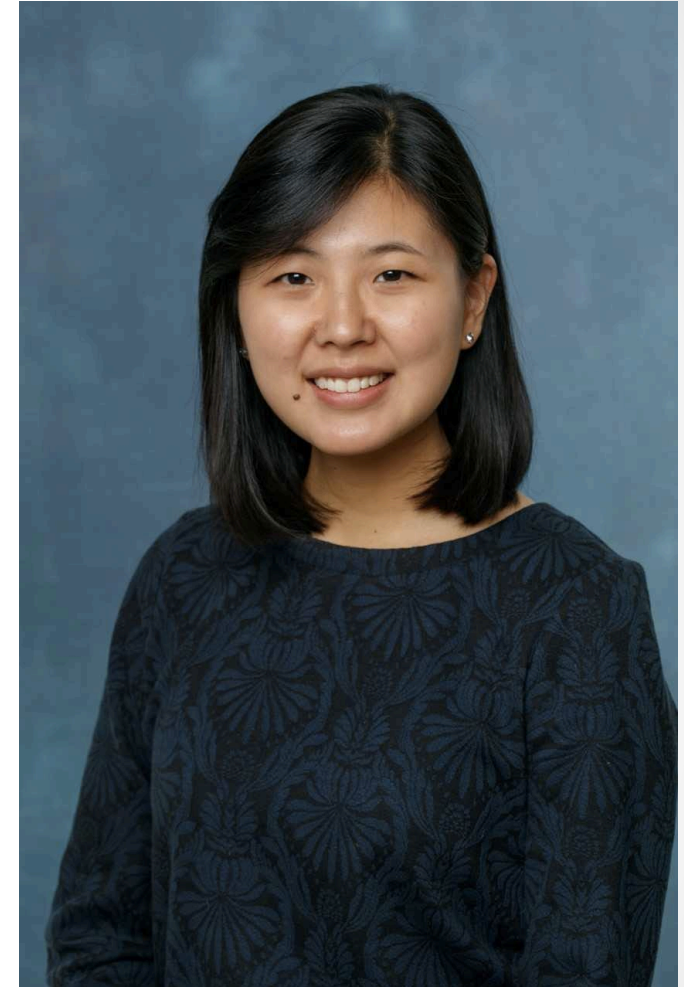
Charitable Pharmacy is providing you with a self-monitoring device to better track and manage your health. We ask that you:

Use your device at least once per week

Record your readings

Bring your log back with you to every pharmacy visit to discuss with your pharmacist

Signature _____



SMART GOALS

Specific
Measurable
Attainable
Relevant
Time-bound

Examples:

SMART Goals	Not SMART Goals
I want to lose 5 lbs in the next month	I want to lose 20 lbs before next month
I want to cut down my sodium intake (<2.3g daily) and increase my protein intake (>0.8g/kg daily)	I want to eat healthier
I will work towards 30 minutes of physical activity 5 days a week	I want to be more active
I will set a quit date of xx/xx/xxxx	I plan to stop smoking
I will cut down on my sugar intake (<25-37.5g daily)	I want to cut out all sugar from my diet

***These goals are samples and examples that you can copy and paste for appropriate patients and situations. If a SMART goal is not listed here you can feel free to type it in manually to your patient's care plan. You can also edit these SMART goals to be more relevant or appropriate for your patients based on their current health state and physical activity level.

APPE Training Video

Patient Centered Agreements (PCA)
Rebekah Lee and Ebony Evans





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